Three-day workshop focusing on food for heart health at the 24th Perfect Health Mela

- Events and competitions such as 100-m racing and youth court scene competition mark the 4th day of the Mela
- Focus on preventive health and tips for a healthy heart

New Delhi, 07 October 2017: Amidst the plethora of events and competitions being held as part of the 24th MTNL Perfect Health Mela, there was also a three-day workshop by food expert Ms Geeta Anand on Healthy Food for a Healthy Heart. The workshop provided interesting insights into how our eating patterns can affect our heart and what a heart healthy diet is composed of. It was an eye-opener in many respects as many things that we consume as part of our daily lives may not be so good for the heart. The PHM, on till the 8th of October 2017 at Talkatora Stadium, New Delhi, is a one-of-its-kind event combining knowledge and fun.

The 4th day of the Mela continued with newer themes in National Harmony and Eco-Festival competitions, Divya Jyoti and Medico Masti youth competitions, and Heritage – Classical Dance competitions. There were events such as inter-school poetry recitation, sports competitions (kho-kho, skipping, and 100-m racing), and youth western dance competition. For the youth court scene competition, the theme was ‘justice delayed is justice denied’. The youth fashion show competition was interesting with youngsters sporting fashion from the 1990s.

Speaking on the day, Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) said, “Of the many lifestyle issues today, the incidence of heart disease is perhaps showing the highest trend. Men, women, and children are affected by this condition alike and the only way to prevent heart conditions is to take precautions right at the outset. This Mela is a medium to convey this message to thousands of people, particularly youngsters, who are vulnerable to many factors such as peer pressure, junk food, work stress, and substance addiction. This workshop on heart healthy diet was very insightful and we hope people have taken away learnings from it. Apart from this, one can follow the Formula of 80 for a healthy heart, which entails, maintaining fasting blood sugar (FBS) (mg%), fasting low-density lipoprotein (LDL) bad cholesterol (mg/dL), diastolic lower blood pressure (mm Hg), resting heart rate, and abdominal girth (cm) all below 80. “

Other important attractions during the event include free diagnostic checkups (blood checkups) for all, free exhibitions by government departments and OPDs, and live webcast with prominent doctors.

Adding further, Dr Aggarwal, said, “Preventive health also encompasses sanitation. Children should be taught to keep the surroundings environment clean, keep a check on the collection of stagnant water in and outside our houses to prevent mosquito breeding and promote the consumption of..."
safe water to prevent illness. Mass awareness platforms such as the PHM play an important role in encouraging people to adopt a preventive approach.”

Giving his views, Dr Marthanda Pillai Past President IMA & Dr S S Agarwal Past President IMA, said, “This Mela is not only about workshops, lectures, and demonstrations but also engaging youngsters through activities that are interesting for them. The huge participation here is proof that people want to learn more about prevention and health and are willing to go that extra mile for it. I wish the Mela all success in future as well.”

PHM is being organized by Heart Care Foundation of India (HCFI), a leading national non-profit organization committed to making India a healthier and disease-free nation. The 24th edition of the Mela being held this year will be a precursor leading up to its silver jubilee celebrations starting the next year.

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About Heart Care Foundation of India
Initiated in 1986, the Heart Care Foundation of India is a leading National NGO working in the field of creating mass health awareness among people from all walks of life and providing solutions for India's everyday healthcare needs. The NGO uses consumer-based entertainment modules to impart health education and increase awareness amongst people. A leading example of this is the Perfect Health Mela; an annual event started in 1993 that is attended by over 2-3 lakh people each year. The Mela showcases activities across categories such as health education seminars and check-ups, entertainment programs, lifestyle exhibitions, lectures, workshops, and competitions. In addition to this, the NGO conducts programs and camps to train people on the technique of hands only CPR through its CPR 10 mantra for revival after a sudden cardiac arrest. They currently hold three Limca Book of World Records for the maximum number of people trained in hands-only CPR in one go. Keeping Article 21 of the Indian Constitution in mind, which guarantees a person Right to Life, Heart Care Foundation of India has also recently initiated a project called the Sameer Malik Heart Care Foundation Fund to ensure that no one dies of a heart disease just because they cannot afford treatment.

For more information, please contact
Heart Care Foundation of India
Sanjeev Khanna-9871079105
MdAdib Ahmed- 9873716235
Email- media.hcfi@gmail.com